



# Karina Alós

## Yoga Guide

### Contact

**Karinaf82@gmail.com / [karinaalos.com](http://karinaalos.com)**

---

### Skills

**With experience in a wide range of disciplines in both for-profit and nonprofit organizations, a passion for hard work and fluency in Spanish and English. I offer the following teaching background:**

---

### Education

**Yoga Skyros / 200hr Hatha Yoga Teacher Training**  
**August 2018 - September 2018, Athens, Greece**

**Fordham University / Bachelor of the Arts**  
**September 2004 - February 2007, New York, New York**

---

### Experience

**Rapture Surf Camps / Yoga Instructor + Chef**  
**July 2019 - September 2019 Tamarindo, Costa Rica**

In charge of cooking and serving breakfast, lunch and dinner for up to 15 guests, 6 days a week. Paying close attention to guest's allergies and food preferences. Manage kitchen inventory. In addition to providing daily yoga classes for guests.

**AmaTierra / Yoga Instructor**  
**June 2019 - July 2019 San Jose, Costa Rica**

Assist with providing twice daily yoga classes for guests. Responsible for planning, implementing, managing and monitoring the retreat center's social media. Social media strategy and content.

**Hostal Azul/ Yoga Instructor**  
**May 2019 - June 2019 Granada, Nicaragua**

Assist with conducting and leading daily group and private yoga classes. Visually assess students to determine their level of practice. Assist students to achieve precise alignment. Demonstrate practice and techniques.

**Jicaro Island Lodge/Private Class Yoga Instructor**  
**May 2019 - June 2019 Granada, Nicaragua**

Assist with conducting and leading daily private yoga classes for hotel guests. Visually assess students to determine their level of practice. Assist students to achieve precise alignment. Demonstrate practice and techniques.

**Pure Gym and Spa / Yoga Instructor**  
**May 2019 - June 2019 Granada, Nicaragua**

Conduct and lead daily group and private yoga classes. Visually assess students to determine their level of practice. Assist students to achieve precise alignment. Demonstrate practice and techniques

**Earthlodge Guatemala / Yoga Instructor**  
**February 2019 - May 2019 Antigua, Guatemala**

Assist with conducting and leading daily group and private yoga classes. Visually assess students to determine their level of practice. Assist students to achieve precise alignment. Demonstrate practice and techniques. Created New and Full Moon Women Workshops with guided yoga classes and meditation sessions.

---

**Awards**

Museum Store Association Scholarship Winner, Disney Institute Leadership Program Graduate

**Languages**

English, Spanish, Working knowledge of French and Italian.